



# Dietary & Exercise Recommendations amongst Diabetic Patients



By

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## ABSTRACT

**Background:** A cornerstone of diabetes treatment is attention to lifestyle. Lifestyle modification, although different, is an equally integral part of diabetes management. Unhealthy lifestyles, such as lack of physical activity and excessive eating, initiate and propagate the majority of type 2 diabetes. **The aim of** this study was to determine the role of dietary and exercise recommendations amongst type 2 diabetes mellitus patients.

**Methods:** Subjects: A purposive sample of all diabetic patients 30 years or older diagnosed with type 2 diabetes mellitus and on clinic care for two or more years who contact the Internal Medicine Clinic in Shebin El-kom Teaching Hospital were included in this study. **Instruments:** It consisted of self administered questionnaire: It included two constructed tools; 1) questionnaire for socio demographic data including age, educational level, employment, and marital status, ...etc. 2) Lifestyle Questionnaire consisted of yes/no and multiple-choice questions related to perceptions related to lifestyle modification recommendations of diet & exercise, adherence/non- adherence to lifestyle modification recommendations, social and environmental variables as reasons for non-adhering to life style modification of diet & exercise. **Results:** The study showed that the majority of the studied subjects reported that healthy dietary habits has a role in management of diabetes and perceived that healthy dietary habits helps to control blood sugar (94.0%, 92.7% respectively). Also, The highest percentage of the studied subjects reported that gentle aerobic exercise has a role in management of diabetes and perceived that exercise helps to control blood sugar (89.3%, 88.7% respectively). **Conclusion:** Type 2 diabetes patients are not adherent to diet and exercise recommendations and no particular single reason could be attributed to poor adherence to either diet or exercise recommendations, rather a combination of many factors. **Recommendations:** Health care providers should play a role in increasing patients awareness of the non- adherence factors of lifestyle modification.

**Keywords:** Diabetes, Diet and Exercise.

## Methods

**Design:** - A descriptive design was used.

**Settings:-**This study was conducted in the Internal Medicine Clinic in Shebin El-kom Teaching Hospital at Shebin El-kom city, Menoufia Governorate.

**Sample:-**

A purposive sample of 150 diabetic patients diagnosed with type 2 diabetes mellitus and who contact the Internal Medicine Clinic in Shebin El-kom Teaching Hospital for two or more years.

**Sample Size:-**

The sample size was calculated as  $N > 61$ . Based on 95% level of significance and 80% power of the study and expecting non compliance at 20-30%.

**Data Collection Instruments:-**

**Self administered questionnaire** was developed by the researcher after reviewing literature related to diabetes management. And it was utilized in this study. It included:-  
a- Socio demographic data including age, educational level, employment, and marital status, ...etc

b- Questions of yes/no and multiple-choice related to perceptions related to lifestyle modification recommendations of diet & exercise, adherence/non- adherence to lifestyle modification recommendations and Socio- environmental variables i.e. reasons for non- adhering to life style modification of diet & exercise.

**Reliability of the tools:**

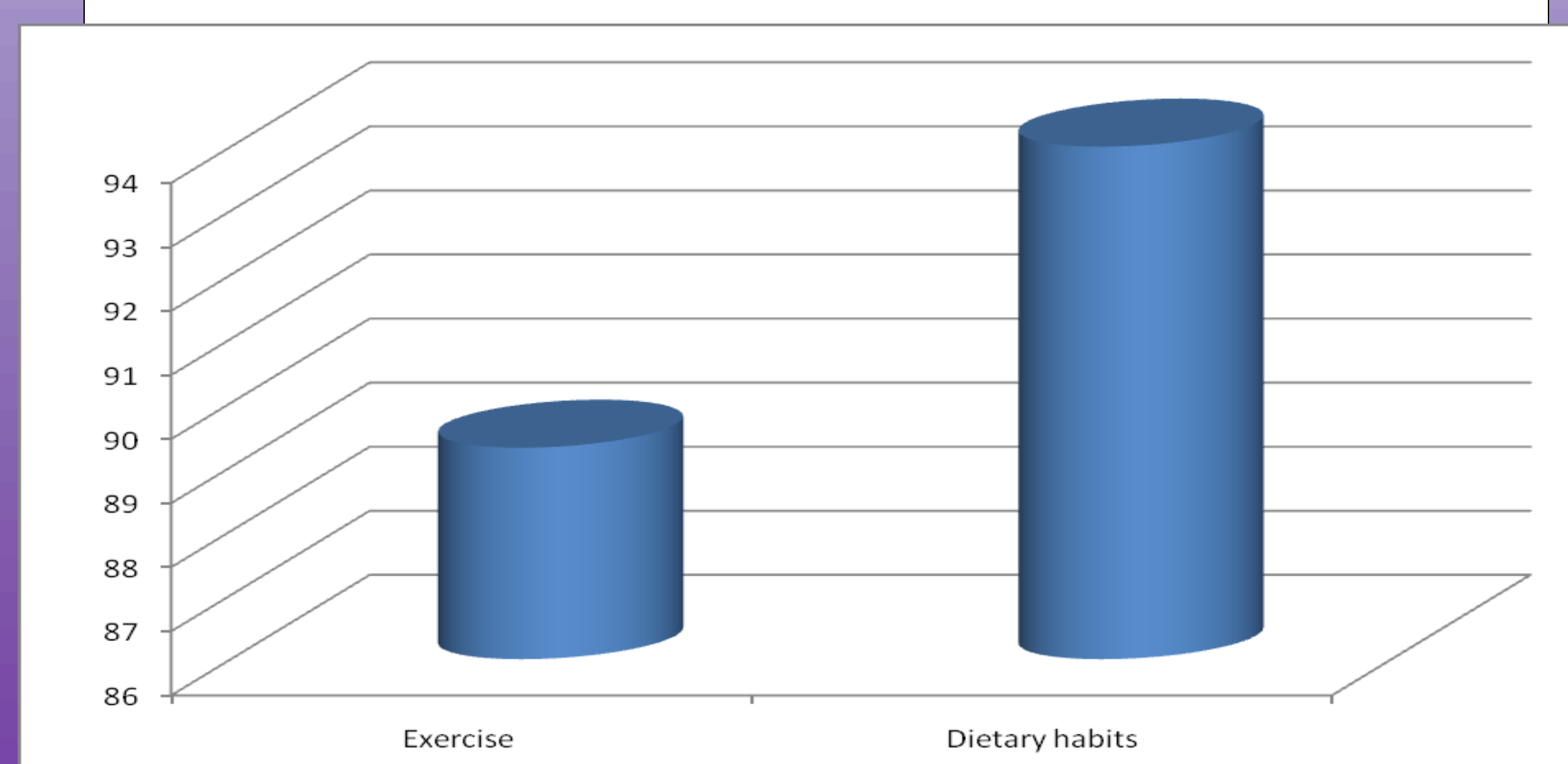
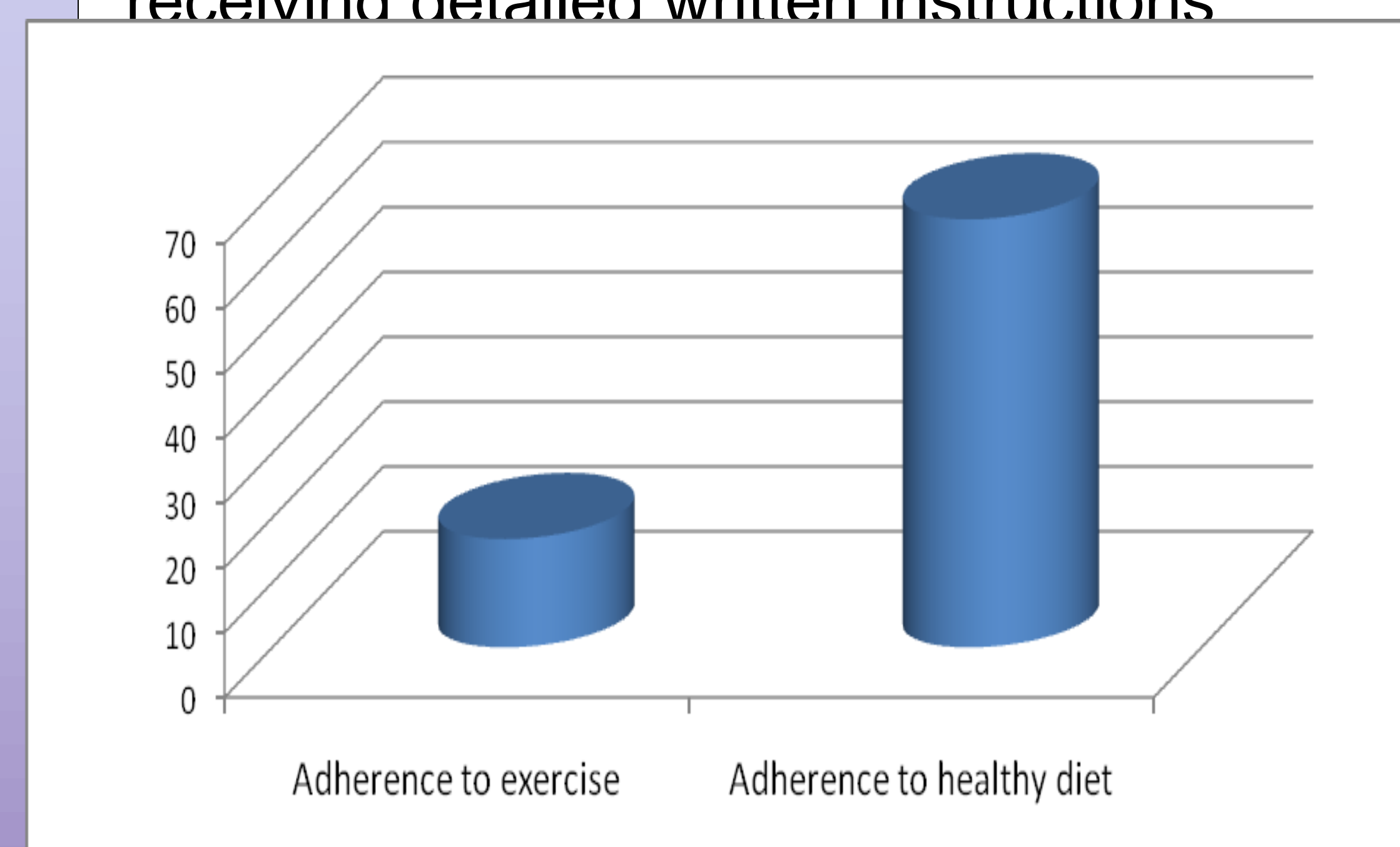
Reliability was applied by the researcher for testing the internal consistency of the tool, by administration of the same tools to the same subjects under similar conditions on one or more occasions. Answers from repeated testing were compared (Test-re-test reliability = 0.7 ).

**Validity of the tools:**

They were tested for content validity by jury of four experts in the filed of Community Health Nursing and Internal Medicine Specialty to ascertain relevance and completeness.

## Results

The study showed that the the majority of the studied subjects reported that healthy dietary habits has a role in management of diabetes and perceived that healthy dietary habits helps to control blood sugar (94.0%, 92.7% respectively). Also, The highest percentage of the studied subjects reported that gentle aerobic exercise has a role in management of diabetes and perceived that exercise helps to control blood sugar (89.3%, 88.7% respectively). relationship between adherence to gentle aerobic exercise recommendations and receiving detailed written instructions regarding exercise program. As demonstrated from the table, there was statistical significant difference between receiving detailed written instructions



## Conclusions

Type 2 diabetes patients are not adherent to diet and exercise recommendations and no particular single reason could be attributed to poor adherence to either diet or exercise recommendations, rather a combination of many factors. **Recommendations:** Health care providers should play a role in increasing patients awareness of the non- adherence factors of lifestyle modification.

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